

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO	
MANHÃ ☽	07:15H A 50' CYCLING	B 50' CHEMICAL	C 60' CROSS TRAINING	A 50' CYCLING	D 50' PILATES			
	09:00H C 15' GET LOW BODY	C 15' GET SIX PACK	C 15' GET UPER BODY	C 15' GET SIX PACK	C 15' GET FULL BODY			
	09:15H B 50' GHEMICAL	D 50' PILATES CLÍNICO	E 50' GET JUMP	D 50' PILATES	A 50' CYCLING			
	10:00H					A 50' CYCLING	C 15' GET FULL BODY	
	10:30H A 50' CYCLING	E 50' BODY PUMP	D 50' PILATES	B 50' CHEMICAL	E 50' GAP	B 50' CHEMICAL		
	11:00H C 15' GET FULL BODY	C 15' GET LOW BODY	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET FULL BODY	E 60' FUNCIONAL KIDS	A 50' CYCLING	
TARDE ☀	11:15H					D 50' PILATES		
	12:00H C 15' GET SIX PACK	C 15' GET FULL BODY	C 15' GET FULL BODY	C 15' GET FULL BODY	C 15' GET SIX PACK	C 15' GET FULL BODY		
	12:15H		A 50' BOXE		A 50' BOXE			
	12:45H D 50' PILATES CLÍNICO	C 60' CROSS TRAINING	B 50' CHEMICAL	A 50' CYCLING	C 30' GET WET	E 50' BODY PUMP	B 50' CHEMICAL	D 50' PILATES
	15:00H C 15' GET SIX PACK	C 15' GET UPER BODY	C 15' GET SIX PACK	C 15' GET LOW BODY	C 15' GET FULL BODY			
	16:00H C 15' GET UPER BODY	C 15' GET FULL BODY	C 15' GET LOW BODY	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET FULL BODY		
	17:00H C 15' GET SIX PACK	C 15' GET LOW BODY	C 15' GET FULL BODY	C 15' GET UPER BODY	C 15' GET HIIT			
	17:30H E 50' LOCAL	E 50' BUMBUM	D 50' PILATES	B 50' CHEMICAL	A 50' CYCLING			
	18:00H C 15' GET LOW BODY	C 15' GET SIX PACK	C 15' GET FULL BODY	C 15' GET UPER BODY	C 15' GET SIX PACK	A 50' CYCLING		
	18:15H				B 50' CHEMICAL			
	18:20H B 50' CHEMICAL		E 50' ZUMBA KIDS					
	NOITE 🌙	18:30H E 50' FUNCIONAL KIDS	B 50' CHEMICAL	C 60' CROSS TRAINING	A 50' CYCLING	E 50' LOCAL	C 60' CROSS TRAINING	
A 50' RIDING		E 50' BODY PUMP	A 50' CYCLING	B 50' PILATES	A 50' JIU JITSU KIDS	B 50' CHEMICAL	C 15' GET HIIT	
18:45H C 60' CROSS TRAINING		A 50' CYCLING	C 60' CROSS TRAINING		C 30' GET WET			
19:00H C 15' GET SIX PACK		C 15' GET UPER BODY	C 15' GET SIX PACK	C 15' GET FULL BODY	C 15' GET SIX PACK	E 50' GAP		
					D 50' YOGA			
19:20H D 50' PILATES		E 50' STEP		E 50' ZUMBA	D 50' PILATES CLÍNICO	A 50' CYCLING	B 50' CHEMICAL	
19:30H B 50' CHEMICAL		E 50' BODYJUMP	A 50' BOXE	B 50' CHEMICAL	A 50' JIU JITSU			
A 50' BOXE		D 50' YOGA	A 50' RIDING	E 50' BODY PUMP				
19:45H A 50' CYCLING		C 30' GET WET						
20:00H C 15' GET SIX PACK		C 15' GET UPER BODY	C 15' GET LOW BODY	C 30' GET WET	C 15' GET FULL BODY	C 15' GET SIX PACK	A 50' RIDING	
20:15H C 60' CROSS TRAINING		A 50' JIU JITSU	D 50' BUMBUM	D 50' CROSS TRAINING	D 50' PILATES			
20:30H A 50' KICK BOXING		E 50' LOCAL	A 50' KICK BOXING	E 50' BODY JUMP	A 50' RIDING	C 60' CROSS TRAINING		
E 50' GAP	B 50' CHEMICAL	A 50' CYCLING						
20:45H A 50' RIDING								
21:00H C 15' GET UPER BODY	C 15' GET LOW BODY	C 15' GET FULL BODY	C 15' GET UPER BODY	C 15' GET SIX PACK				